



## **Narrative for Graphic: The Acting Out Cycle**

The Acting-Out Cycle is a model or graphic of how a student's behavioral response often occurs in phases. It is visually represented as a roller coaster track, with roller coaster cars moving along a continuum of time with rising then falling intensity. Complete information regarding each phase follows the graphic and narrative description.

At the start of the continuum is Phase 1, the Calm Phase, which is at the beginning of the timeline and is at the lowest level of intensity.

In Phase 2, the Trigger Phase, there is a slight escalation or rise of intensity as the student progresses along the timeline.

Phase 3 is the Agitation Phase with another rise in intensity and move along the timeline.

The Acceleration Phase is phase 4 which falls approximately in the middle of the timeline and depicts a continued rise in intensity as well as a move forward on the timeline.

The Peak Phase is phase 5, and is at the peak or top of the acting out cycle.

Following the Peak Phase is Phase 6, the De-escalation Phase. It is depicted by a drop in intensity, a drop downward from the peak.

Phase 7, the Recovery Phase, is the final phase. It is at the end of the timeline and is a return to the lowest level of intensity.

It is important to note that a student's behavioral response does not always follow this path.